

GROUP 5

Sugar

Foods to avoid in your diet for the next 12 hours:

Your diet consists of anything you EAT, DRINK, RUB ON YOUR SKIN or INHALE. You must avoid eating, drinking, touching, or smelling the following.

- Any produce that contains any ingredient that ends with OSE.
- Glucose
- Fructose
- Dextrose
- Maltose
- Sucrose
- Lactose
- Corn sugar (high fructose corn syrup)
- Honey
- Molasses
- Rice sugar
- Sugar free drinks and foods
- Toothpaste
- Mouth Wash

Diet tip: Be sure to read labels carefully. Do not consume anything that may contain sugar or a sugar substitute.

YOU CAN EAT OR DRINK

White rice that is boiled and rinsed, black coffee, tea without milk, vegetables, potatoes, vegetable oils, beef, chicken, pork, eggs, and water.